

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claim 1 (withdrawn): An orally administrable composition comprising an effective amount of at least one of a molecule that stimulates energy metabolism of the cell or an antioxidant so as to improve skin quality and prevent age-related alterations in the skin of an animal or human, in an orally acceptable carrier.

Claim 2 (withdrawn): A composition according to claim 1, wherein said molecule is selected from the group consisting of L-carnitine, creatine, fatty acids (monounsaturated and polyunsaturated), cardiolipin, nicotinamide and carbohydrate.

Claim 3 (withdrawn): A composition according to claim 1 wherein the antioxidant is a source of a component selected from the group consisting of thiols such as lipoic acid, cysteine, cystine, methionine, S-adenosyl-methionine, taurine, glutathione or natural sources thereof, or a compound that upregulates their biosynthesis in vivo, or other antioxidants such as vitamin C, vitamin E, carotenoids, ubiquinones, tea catechins, coffee extracts containing polyphenols and/or diterpenes, grape or grape seed extracts rich in proanthocyanidins, spice extracts, soy extracts and other sources of flavonoids with antioxidant activity and compounds such as ursodeoxycholic acid, ursolic acid, ginseng and ginsenosides and natural sources thereof.

Claim 4 (withdrawn): A composition according to claim 1 wherein the composition is selected from the group consisting of a pharmaceutical composition, a nutritionally complete pet food and a dietary supplement for animal consumption.

Claim 5 (withdrawn): A composition according to claim 1 wherein the composition is selected from the group consisting of a pharmaceutical composition, a nutritionally complete human food, and a dietary supplement for human consumption.

Claim 6 (withdrawn): A composition according to claim 1 which stimulates extracellular matrix production that bind interstitial fluid and improve skin turgor.

Claim 7 (withdrawn): A composition according to claim 1 comprising at least one of carnitine and ginkgo extract.

Claim 8 (withdrawn): A method for producing a composition for use in improving skin quality comprising the steps of using a molecule that stimulates energy metabolism of the cell, an antioxidant or a combination thereof, for the preparation of an orally administrable composition.

Claim 9 (withdrawn): A method for producing a composition for preventing or restoring skin age-related alternative comprising the steps of using at least one of a molecule that stimulates energy metabolism of the cell or an antioxidant or a combination thereof, for the preparation of an orally administrable composition.

Claim 10 (currently amended): A method for improving skin quality of humans or animals, comprising the steps of administering to the individual a therapeutically-effective amount of a composition comprising ~~an effective amount~~ about 1 mg to about 1 g per kg of body weight per day of at least one of a molecule that stimulates energy metabolism of the cell selected from the group consisting of L-carnitine, creatine, fatty acids (monounsaturated and polyunsaturated), cardiolipin, nicotinamide, carbohydrate and ~~natural sources~~ combinations thereof and an antioxidant so as to stimulate production and deposition in skin of glycosaminoglycans to improve skin turgor, in an orally acceptable carrier.

Claim 11 (currently amended): A method for treatment or restoring skin age-related alterations in humans or animals, comprising the steps of administering to the individual a therapeutically-effective amount of a composition comprising ~~an effective amount~~ about 1 mg to about 1 g per kg of body weight per day of at least one of a molecule that stimulates energy metabolism of the cell selected from the group consisting of L-carnitine, creatine, fatty acids (monounsaturated and polyunsaturated), cardiolipin, nicotinamide, carbohydrate and ~~natural~~ sources combinations thereof and an antioxidant so as to stimulate production and deposition in skin of glycosaminoglycans to improve skin turgor, in an orally acceptable carrier.

Claim 12 (withdrawn): A composition according to claim 1, wherein said molecule comprises omega-3 fatty acids.

Claim 13 (withdrawn): A composition according to claim 1, which stimulates synthesis of glycosaminoglycans.